

WHAT IS CLAIMED IS:

- 1 1. A combination snowboard, binding and mount comprising:
 - 2 a. a snowboard having a center-line wherein said
 - 3 snowboard has a channel longitudinally extending along
 - 4 said center-line;
 - 5 b. a rail disposed in said channel and fixedly
 - 6 coupled thereto wherein said rail is a flexible member
 - 7 and has a key-slot and two series of parallel notches;
 - 8 c. a binding base plate disposed on said snowboard;
 - 9 d. a disc being rotatably coupled to said binding base
 - 10 plate; and
 - 11 e. a locking mechanism securely coupling said rail to
 - 12 said disc.